Ten Commandments for Ergonomic Design (Preview)

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Ergonomics is an **Engineering** discipline with serious health and safety consequences.
Cost Effectiveness of Controls

The Ergonomics Maturity Curve™

Fit the person to the work

Fit the work to the person

Design the work for the people

Fix the person

Change the Person

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Be Innovative
Be Innovative
Improve Human Performance
Manage Point of Motion Constraints

Design for neutral postures

- Results in the least strain
- Requires less muscular effort
- Allow muscles to exert their maximum strength
- Allows free flow of blood
Productivity Improvement

Time reduction for all four steps = 40%
Improving Safety – Quality – Delivery - Costs
Adapts to the person
Adapts to the Person

- “If you cannot shake hands with the work, it is unfriendly.”
  - Height 24" – 62" from floor
  - Ideally 38" – 49"
- Horizontal reach
  - Frequent (> 2/min): 11" – 16"
  - Infrequent: < 22"
Adapts to the Person
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